# MCHENRY COUNTY HEALTHY COMMUNITY STUDY 2014



McHenry County Healthy Community Partners
with assistance from
Health Systems Research
University of Illinois College of Medicine - Rockford

#### **Background and History**

- 3<sup>rd</sup> round of a "healthy community" process used to identify community needs
- Process has adopted MAPP (Mobilizing for Action through Planning and Partnerships) for 2010 and 2014
- McHenry County partners contracted with Health Systems Research for healthy community studies in 2006, 2010 and 2014
- Current study components done between September 2013 and May 2014

# McHenry County Healthy Community 2014 Partners

- McHenry County Department of Health (Lead)
- Advocate Good Shepherd
- Advocate Sherman Hospital
- Centegra Health System
- · Family Alliance Inc.
- McHenry County College
- McHenry County Community Foundation
- McHenry County Mental Health Board
- Pioneer Center for Human Services
- · Senior Services Associates, Inc.
- United Way of Greater McHenry County
- Woodstock Consolidated Unit School District 200

#### **Study Components & Researchers**

- Community Analysis
  - Michelle Bunyer
- Survey of Local Residents
  - Manorama Khare, PhD
- Key Informants
  - Deborah Lischwe

with help from volunteer interviewers

# MCHENRY COUNTY HEALTHY COMMUNITY 2014 COMMUNITY ANALYSIS

Prepared for McHenry County Healthy Community Partners By Health Systems Research May 21, 2014

UNIVERSITY OF ILLINOIS
COLLEGE OF MEDICINE
AT ROCKFORD

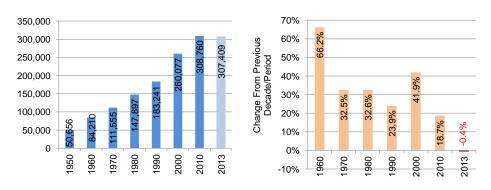


#### **TOPICS**

- Population Descriptors and Migration
- Households and Housing
- Income and Poverty
- Education and Employment
- Crime and Safety
- Births and Deaths
- Health Status and Behaviors
- Health Resources and Utilization

# Population Descriptors and Migration

#### **Population**

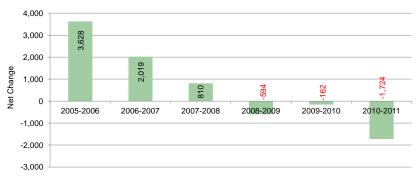


Sources: U.S. Census Bureau, decennial Censuses and Population Estimates 2013

Population down slightly since 2010 after growth in previous decades

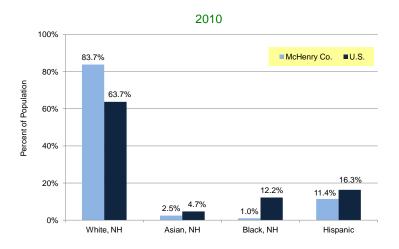
#### Migration

 Tax filings show that since 2008-2009 more people have left McHenry County than entered



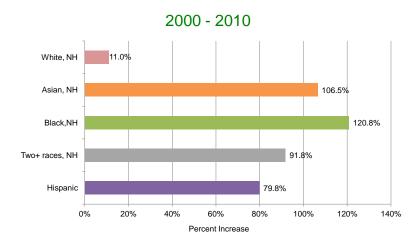
Source: Internal Revenue Service, Statistics of Income for 2010-2011

#### Race and Ethnicity



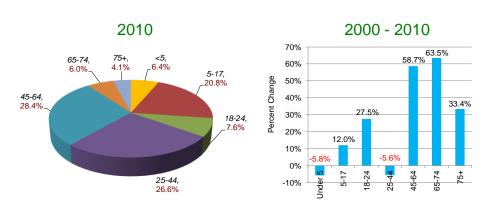
Source: U.S. Census Bureau, 2010 Census

#### Race and Ethnicity



Source: U.S. Census Bureau, decennial Censuses

## Age

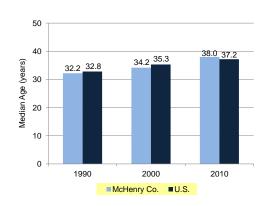


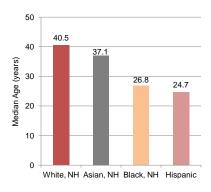
Source: U.S. Census Bureau, decennial Censuses

# Median Age



#### By Race/Ethnicity (2012)



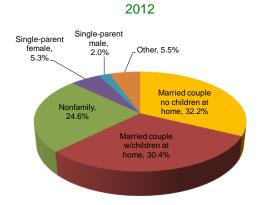


Source: U. S. Census Bureau, decennial Censuses and 2008-2012 American Community Survey 5-Year Estimates

# Households and Housing

#### Households

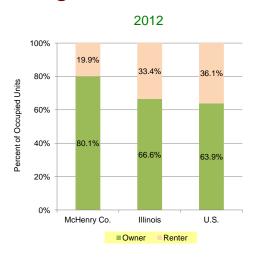
- Similar proportions of local households are married couples without children at home and married couples with children at home
- Married-couple household percentage higher than IL and U.S.
- One in fourteen are single parent households, lower proportion than IL and U.S.



Source: U. S. Census Bureau, 2010-2012 American Community Survey 3-Year Estimates

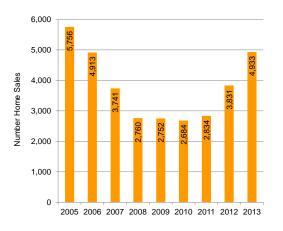
#### Housing

- More owners than renters in McHenry County compared to state and nation
- 2012 rate of owner-occupied lower than 2000 at 83.2%



Source: U. S. Census Bureau, 2012 American Community Survey 1-Year Estimates

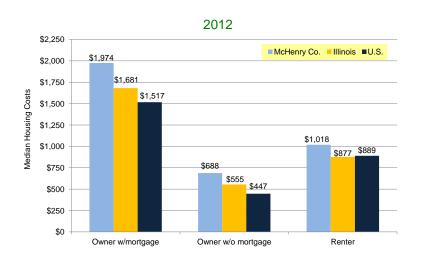
#### **Home Sales**



 Home sales increased each the of past three years, back to 2006 level

Source: Illinois Association of Realtors

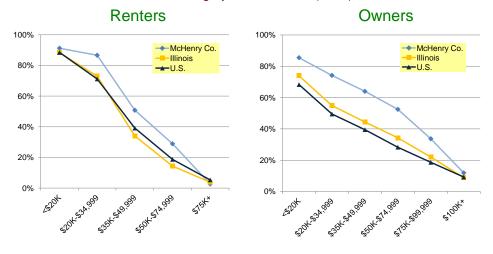
## **Housing Costs**



Source: U.S. Census Bureau, 2010-2012 American Community Survey 3-Year Estimates

#### Income Spent on Housing

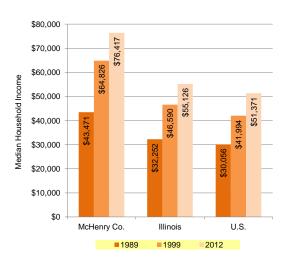
Percent of Households Spending 30%+ of Income on Housing by Income Level (2012)



Source: U. S. Census Bureau, 2008-2012 American Community Survey 5-Year Estimates

# Income and Poverty

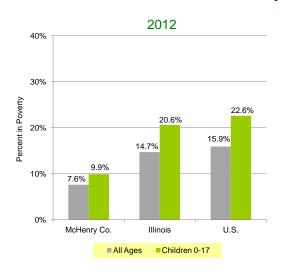
#### Median Household Income



- Above Illinois and U.S.
- Much smaller rise since 1999
- Median income 27% lower for Hispanics than non-Hispanics

Source: U. S. Census Bureau, decennial Censuses and 2012 Small Area Income and Poverty Estimates

#### **Poverty**



- Local poverty half of IL and U.S.
- Poverty higher for children 0-17 than all ages
- By race/ethnicity,
   6% of county's non-Hispanic whites are poor compared to
   11% for blacks and
   21% for Hispanics

Source: U. S. Census Bureau, 2012 Small Area Income and Poverty Estimates

#### Children In Poverty

- Proportion of McHenry County children living in poor homes more than doubled in past 13 years
- County's increase greater than IL, U.S.

PERCENT OF CHILDREN IN POVERTY				
Area 2012 1999 Chang				
McHenry Co.	9.9%	3.8%	+160.5%	
Illinois	20.6%	14.0%	+47.1%	
U.S.	22.6%	16.1%	+40.4%	

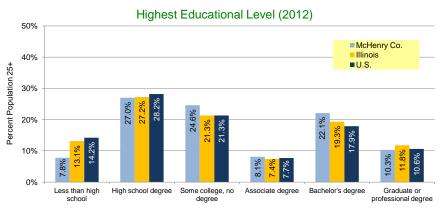
Source: U.S. Census Bureau, decennial Census and 2012 Small Area Income and Poverty Estimates

✓ 27.0% of 2013 students in McHenry County eligible for free or reduced lunches (up to 185% poverty)

Source: Illinois State Board of Education

# Education and Employment

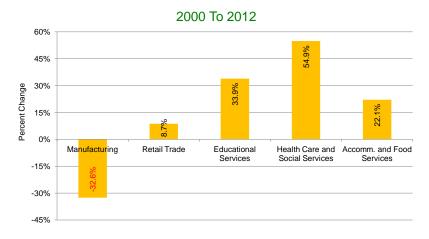
#### Education



Source: U. S. Census Bureau, 2008-2012 American Community Survey 5-Year Estimates

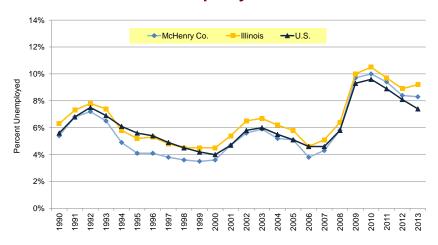
- Higher than IL, U.S. for Bachelor's as highest education
- Lower than IL, U.S. for less than HS as highest education

# Change In Employment Top 5 Industries



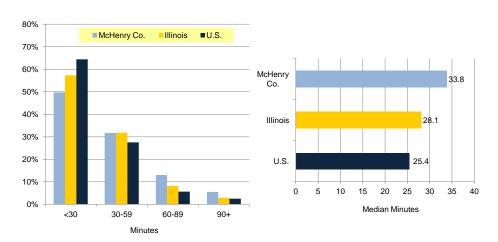
Source: Illinois Department of Employment Security

# Unemployment



Source: Illinois Department of Employment Security

# **Commuting Time**

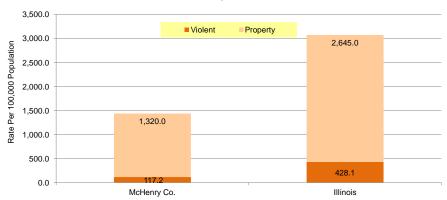


Source: U. S. Census Bureau, 2008-2012 American Community Survey 5-Year Estimates

# Crime and Safety

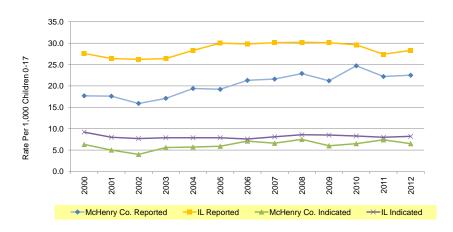
#### Crime

2011



Source: Illinois State Police, Illinois Uniform Crime Reports

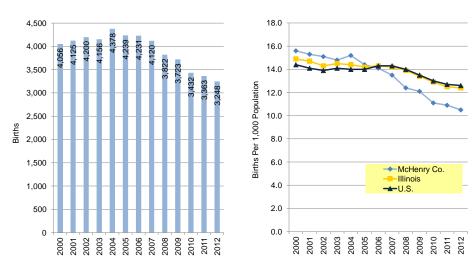
## Child Abuse and Neglect



Source: Illinois Department of Children and Family Services

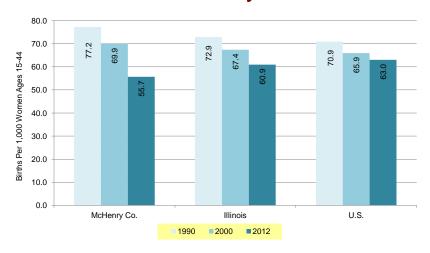
#### Births and Deaths

#### **Births**



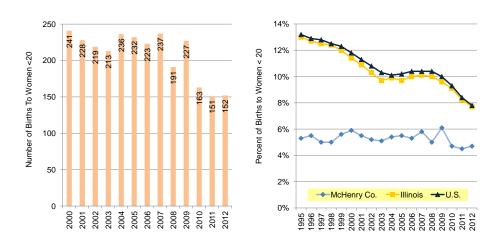
Source: National Center for Health Statistics, CDC WONDER and Illinois Department of Public Health

## **Fertility**



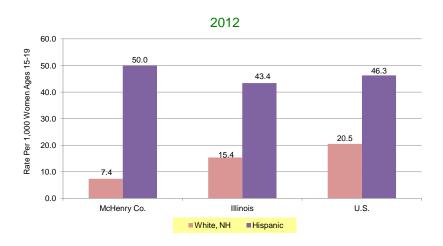
Source: National Center for Health Statistics, CDC WONDER; Illinois Department of Public Health; National Center for Health Statistics, National Vital Statistics Report

#### **Teen Births**



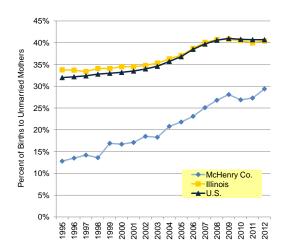
Source: National Center for Health Statistics, CDC WONDER and Illinois Department of Public Health

## Teen Birth Rates by Ethnicity



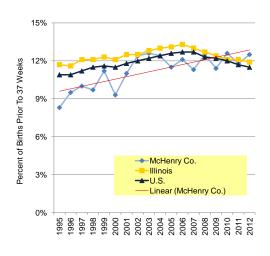
#### Births to Unmarried Mothers

- 29.4% in 2012
- County proportion historically below IL and U.S.
- Steep rise since 1995



Source: National Center for Health Statistics, CDC WONDER

#### **Preterm Births**

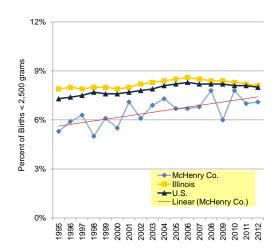


- One in eight local births born before 37 weeks gestation in 2012
- County's fluctuations do not mirror the slight decline for IL and U.S. since 2007

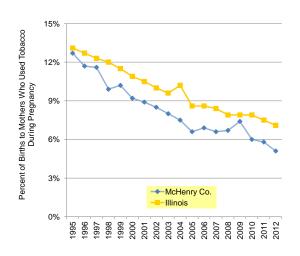
#### Low Weight Births

- One in 14 local births weighed
   <2,500 grams</li>
   (5½ lbs.) in 2012
- Proportion historically below IL and U.S.

Source: National Center for Health Statistics, CDC WONDER

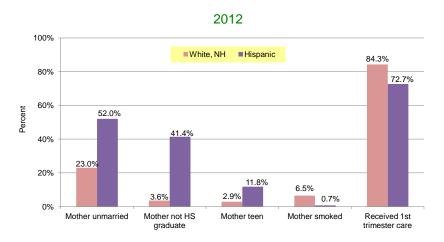


#### **Tobacco Use During Pregnancy**



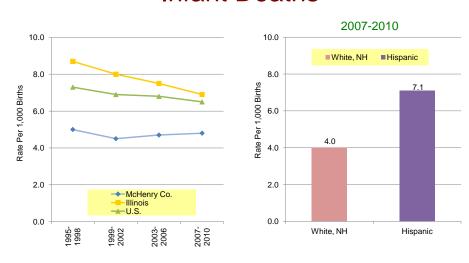
- County's 2012 level is a record low
- Dramatic drop since 1995 with faster decline than IL

#### Birth Characteristics by Ethnicity



Source: National Center for Health Statistics, CDC WONDER

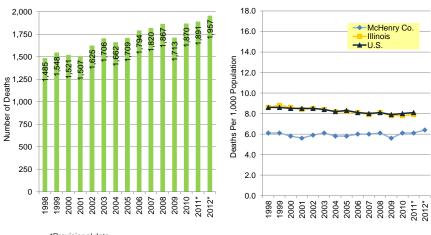
#### **Infant Deaths**



12 Infant Deaths in 2010, 3.5 Per 1,000 Live Births

Source: National Center for Health Statistics, CDC WONDER and Illinois Department of Public Health

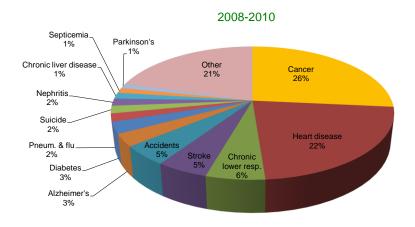
#### **Deaths**



\*Provisional data

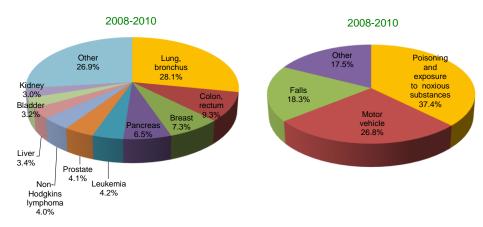
Source: National Center for Health Statistics, CDC WONDER and Illinois Department of Public Health

# Deaths by Cause



#### Types of Cancer Deaths

#### Types of Accidental Deaths



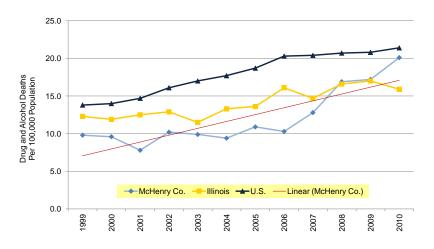
Source: National Center for Health Statistics, CDC WONDER

Over the past ten years, McHenry County death rates for

- chronic lower respiratory disease, Alzheimer's disease, and suicide increased
- heart disease and stroke decreased
- cancer, accidents, diabetes, and pneumonia/influenza stayed about the same

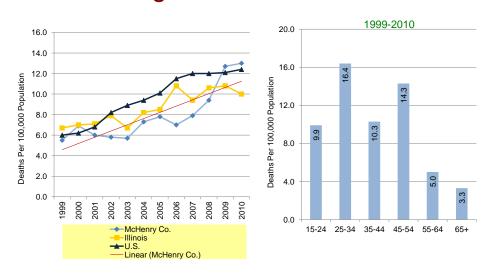
	Rate per 100,000		
Cause	2008-2010	1999-2001	
Cancer	156.3	152.8	
Heart Disease	131.5	162.5	
Chronic Lower Resp. Dis.	33.4	26.3	
Stroke	29.4	39.3	
Accidents	27.8	29.8	
Alzheimer's Disease	17.7	11.5	
Diabetes	16.6	16.9	
Pneumonia & Influenza	11.4	13.4	
Suicide	10.9	6.9	

## **Drug and Alcohol Induced Deaths**

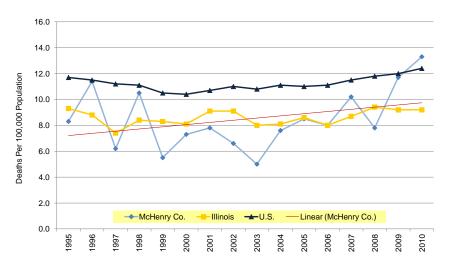


Source: National Center for Health Statistics, CDC WONDER

## **Drug Overdose Deaths**



#### **Suicide Deaths**



Source: National Center for Health Statistics, CDC WONDER

# Health Status and Behaviors

#### Cancer

- Similar cancer incidence to IL
- Higher incidence for males than females

CANCER INCIDENCE: 2007-2011			
	Age-Adjusted Rate Per 100,000		
Group	McHenry County Illinois		
Total	494.5	489.4	
Gender			
Male	549.4	560.6	
Female	457.2	441.3	

Source: Illinois Department of Public Health, Illinois County Cancer Statistics Review Incidence 2007-2011

#### Cancer

	Age-Adjusted Rate Per 100,000		
Site (gender)	McHenry County	Illinois	
HIGHER			
Melanoma of skin (total)	20.7	17.5	
Ovary (female)	15.6	12.4	
Urinary bladder (total)	25.9	22.2	
LOWER			
Liver (male)	6.6	9.4	
Prostate (male)	132.0	149.4	
Breast in situ (female)	24.1	33.6	

Source: Illinois Department of Public Health, Illinois County Cancer Statistics Review Incidence 2007-2011

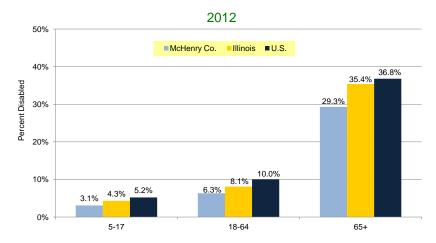
#### Overweight/Obese

- In 2008, 35.7% of local adults were considered overweight and 23.5% obese
- Local adult obesity level rose by 5 percentage points between 2002 and 2008

	PERCENT OF ADULTS 18+			
Weight	McHenry	Illinois		
Status	2008	2002	2008	
Overweight	35.7%	38.3%	36.3%	
Obese	23.5%	18.5%	26.4%	

Source: Illinois Department of Public Health, BRFSS

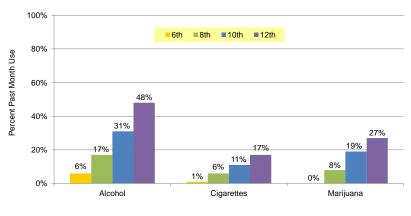
#### Disability



Source: U.S. Census Bureau, 2008-2012 American Community Survey 5-Year Estimates

#### Youth Substance Use

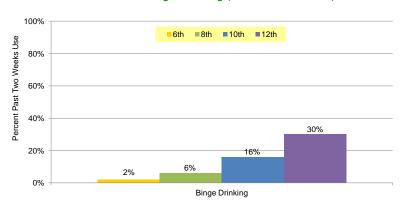
Past Month Substance Use: 2012



Source: Illinois Youth Survey

#### Youth Binge Drinking

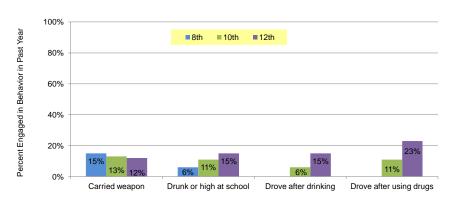
Past Two Weeks Binge Drinking (5+ Drinks in a Row): 2012



Source: Illinois Youth Survey

#### Youth Risky Behaviors

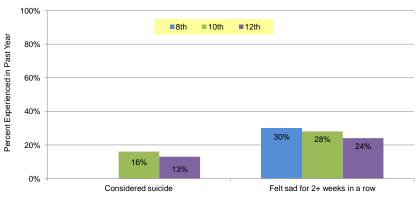
Past Year Risky Behaviors: 2012



Source: Illinois Youth Survey

#### Youth Mental Health

Past Year Mental Health: 2012



Source: Illinois Youth Survey

#### **Dental Health**

	Percent of Students (School Year 2011-2012)		
Grade	With Untreated Caries	Needs Urgent Treatment	
Kindergarten	17.1%	0.8%	
Grade 2	18.8%	1.1%	
Grade 6	11.8%	0.3%	

Source: Illinois State Board of Education, Dental Health Survey

- Almost one in five kindergarten and second graders reported to have untreated dental caries
- Level drops to one in nine among sixth graders

# Health Resources and Utilization

#### Health Insurance Coverage

- McHenry County's level of uninsured rises above the state for persons ≤200% of poverty and ≤138% of poverty in both age categories
- Data are prior to Medicaid expansion and development of the state insurance exchange related to the Affordable Care Act

PERCENT UNINSURED: 2012				
	McHenry			
Group	County	Illinois		
Age < 65				
All income levels	11.1%	14.6%		
≤ 200% poverty	28.6%	25.9%		
≤ 138% poverty	29.9%	26.1%		
Age 18 - 64				
All income levels	14.4%	18.8%		
≤ 200% poverty	41.7%	37.4%		
≤ 138% poverty	44.7%	38.5%		

Source: U.S. Census Bureau, Small Area Health Insurance Estimates 2012

#### Medicaid Enrollment

- In 2012, 39,353 persons (13% of the McHenry County population) enrolled in Medicaid, a record high level
- Enrollment has increased by 113% since 2006
- Data are prior to Medicaid expansion related to the Affordable Care Act

Source: Illinois Department of Healthcare and Family Services

## Hospitalization

Excluding birth-related, top 10 reasons for inpatient hospitalization (2013)

	McHenry County		Illinois	
MS-DRG	Number	Rate Per 10,000	Rate Per 10,000	
Psychoses	1,887	61.4	67.6	
Hip or knee replacement/reattachment	1,287	41.9	31.3	
Esophagitis, gastroenteritis, other dig. dis.	754	24.5	23.7	
Rehabilitation	621	20.2	17.4	
Alcohol/drug abuse or dependence w/o rehab	535	17.4	15.9	
Cellulitis	437	14.2	15.9	
Simple pneumonia and pleurisy w CC	362	11.8	13.3	
Septicemia/sepsis w MCC	351	11.4	22.3	
Cardiac arrhythmia and conduction disorders	338	11.0	6.9	
Kidney and urinary tract infections	315	10.3	13.2	

MCC or CC = (Major) complications or comorbid conditions

Source: Illinois Hospital Association, COMPdata

# Change in Hospitalization

	Number		
MS-DRG	2013	2009	Difference
Normal newborn	2,326	2,704	-378
Psychoses	1,887	1,737	+150
Vaginal delivery, no complications	1,822	2,074	-252
Hip or knee replacement/reattachment	1,287	1,050	+237
Esophagitis, gastroenteritis, other dig. dis.	754	986	-232
Cesarean section	642	864	-222
Rehabilitation	621	484	+137
Alcohol/drug abuse or dependence w/o rehab.	535	628	-93
Cellulitis	437	333	+104
Neonate with significant problems	433	575	-142

Source: Illinois Hospital Association, COMPdata

#### SUMMARY

#### Population Descriptors and Characteristics

- Population growth in previous decades, currently stable or declining slightly
- Growing diversity, younger age structure for blacks and Hispanics
- Aging white, non-Hispanic population
- Majority married-couple households
- High median household income compared to IL and U.S.
- Income levels rebounding
- Expensive housing for owners and renters

#### Population Descriptors and Characteristics (contd.)

- Improving housing sales and sales price
- Higher poverty among Hispanics and increasing poverty especially among children
- Loss of manufacturing jobs
- Increase in health care/social services jobs
- Recent drops in unemployment, still above U.S.
- Long commutes to work
- Low crime
- Decrease in births, increase in deaths

#### Health - Positives

- Drop in teen births
- Drop in tobacco use during pregnancy
- Prenatal care utilization surpasses U.S.
- Infant deaths below IL and U.S.
- Age-adjusted death rate similar to IL and U.S.
- Decline in death rates for heart disease and stroke
- Similar to IL for overall cancer incidence, lower than IL for liver (male), prostate (male), breast in situ (female)
- Fewer residents with disability conditions than IL and U.S., especially for ages 65+
- Low STD rates compared to IL
- Lower uninsured rate than state for overall population

#### **Health Problems**

- Preterm births fluctuating, not following decline as in IL and U.S.
- Ethnic disparities for teen births, Hispanic teen birth rate higher than IL and U.S.
- Ethnic disparities for several birth characteristics
- Higher cancer incidence for melanoma of skin, urinary bladder, and ovary (female)
- Cancer and heart disease top two causes of death
- Slightly higher than IL age-adjusted death rates for chronic lower respiratory disease, Alzheimer's, and suicide

#### Health Problems (contd.)

- Record number of suicides in 2010 and suicide rate above IL and U.S.
- Dramatic rise in rate of drug overdose deaths since 2006, jumping above IL and U.S. for 2009 and 2010
- Doubling of drug and alcohol induced death rate since 2006, above IL for 2010
- Premature mortality among local Hispanic population
- Youth substance use (alcohol, tobacco, marijuana), risky behaviors, mental health
- K and Grade 2 students with untreated dental caries
- Insurance coverage lower than IL for poor residents

#### Michelle Bunyer

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# MCHENRY COUNTY HEALTHY COMMUNITY STUDY SURVEY

Prepared for
McHenry County Healthy Community Partners
by
Health Systems Research
May 21, 2014

UNIVERSITY OF ILLINOIS
COLLEGE OF MEDICINE
AT ROCKFORD



#### Introduction

#### Survey included questions about:

- Demographics
- Availability and Quality of Community Features
- Financial Issues
- Self-reported Health Status
- Physical and Behavioral/Mental Health Conditions
- Access to Health Care
- Health Insurance Status and Impact of the Affordable Care Act
- Abuse and Suicide
- Care of Elderly, Disabled, and Special Needs Individuals

### **Methods**

- 30-question survey
- Multiple choice and open-ended
- Spanish and English
- Paper and Online via Qualtrics
  - Promoted at community events, agencies, press releases, and an extensive e-mail list
- Self-selected convenience sample

# Agencies that Promoted the Survey

Alden-Hebron schools –
parent/teacher conferences
Algonquin-LITH food pantry
Community Partnership Clinic
Crystal Lake Senior Center
Families ETC
Family Alliance Inc.
Family Health Partnership Clinic
Grafton Township
Harvard food pantry
Harvard School
Hebron food pantry
Holy Apostles Church
Illinois Migrant Council
Marengo food pantry

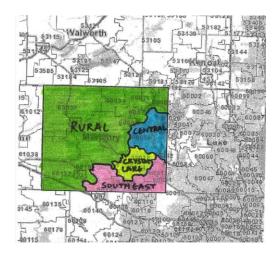
McHenry Community Health Center McHenry County College
McHenry County Mental Health Court McHenry Township Senior Center
McHenry Mental Health Board
New Horizons
Regional Office of Education –
Parent/teacher conferences
Senior citizens requesting paper
copies
Senior Services Associates
St. Thomas Church
Veteran's meeting
YMCA – flyers (MCDH)

# **Survey Response**

### Total 791 responses

- Effective sample 744 (94.1%)
- 60% online surveys; 40% paper surveys
- 94.8% in English; 5.2% in Spanish
- All Spanish surveys were on paper

### Response by ZIP Code and Area of Residence



#### Responses by ZIP code

- Crystal Lake (60014, 60012) -
- Woodstock (60098) 18.5%
- McHenry (60050, 60051) 12.1%
- All other zip codes <10%

#### Responses by area of residence

- Rural 40.7%
- Crystal Lake 21.2%
- Southeast 17.9%
- Central 12.5%

# **Respondent Characteristics**

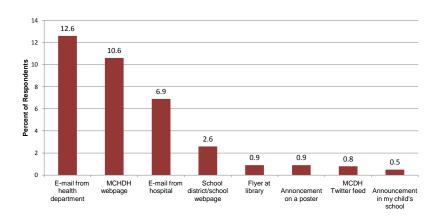
# **Demographic Characteristics**

- Race / Ethnicity
  - 88.7% White
  - 6.0% Hispanic
- Gender
  - 72.7% Female
- Education
  - 31.9% high school, GED, some college no degree
  - 52.0% Bachelor's, graduate or professional degree
- Marital Status
  - 60.9% married
  - 20.7% divorced, separated or widowed
- 92.7% McHenry County residents

## **Household Characteristics**

- Household members by age group
  - 24.4% below 18 years
  - 52.9%18-64 years
  - 22.7% 65+ years
- 3% households raising children other than their own
  - Almost half are being raised by grandparents
- 16.3% are receiving financial assistance such as TANF, SSI, food stamps, Township assistance, Medical Card, Public Aid

### How did respondents receive the survey?



# Word Cloud representing "Other" ways in which respondents received survey



# Availability of Community Features

# Features with High Proportion Rating Availability as Excellent or Good

- Safe neighborhoods (83.6%)
- Parks/Recreation services (72.2%)
- Health care services (68.6%)
- Farmer's markets (62.9%)
- Organizations that provide free food (60.0%)
- · Biking/Walking paths (59.3%)
- College education (57.6%)
- Dental care services (57.3%)
- Information to find services (55.3%)

# Features with High Proportion Rating Availability as Fair or Poor

- Public Transportation
  - For all residents (67.6%)
  - For seniors (49.2%)
  - For disabled individuals (46.4%)
- Jobs (61.3%)
- Training to re-enter the workforce (38.9%)
- Behavioral/Mental health services (36.9%)

- Biking/Walking paths (32.2%)
- Information to find services (32.1%)
- Substance Abuse services (29.9%)
- Dental care services (29.1%)
- Farmer's markets (28.4%)
- · Health care services (24.6%)
- Organizations that provide free food (24.3%)

# **High Rating for Availability of Community Features by Demographic Characteristics**

- Safe neighborhoods rated highest by all demographic subgroups (ethnicity, gender, education, area, financial status)
- Health care services rated in top three by females, those with less than high school diploma, residents of Southeast, and those that did not receive financial assistance
- Organizations that provide free food: rated in the top three by Hispanics, males, those with less than high school diploma, Rural area residents, and those who received financial assistance
- Parks/Recreation services: rated in the top three by non-Hispanics, females, those with Bachelor's degree or higher education, Southeast, Central, and Crystal Lake residents

# Low Rating for Availability of Community Features by Demographic Characteristics

- Public Transportation for all residents lowest for all groups
- Public Transportation for seniors lowest for Hispanics, females, high-school or less, Bachelor's degree or higher education, Crystal Lake and Rural area residents
- Public Transportation for disabled individuals lowest for non-Hispanics, some college/associates degree, Bachelor's degree and higher, and those with no financial assistance
- Availability of Jobs was rated lowest by males, some college/associates degree, high school or less education, residents from Southeast and Central areas, and those with financial assistance

# Word Cloud representing what needs to be changed for features rated as poor on availability



Comments covered the following topics:

- Lack of jobs 49.2%
- Job-training programs -13.5%
- Difficulty finding jobs 4.8%
- Loss of businesses in McHenry County - 12.0%

# Quality of Community Features

# Features with High Proportion Rating Quality as Excellent or Good

- Police services (74.5%)
- Air (73.6%)
- Park/Recreation services (72.9%)
- Health care services (71.5%)
- K-8 education (64.0%)
- High school education (63.8%)

- Biking/Walking paths (63.0%)
- Dental care services (61.8%)
- Food safety (59.6%)
- College education (55.5%)
- Ground water (54.3%)

# Features with High Proportion Rating Quality as Fair or Poor

- Condition of roads (60.9%)
- Behavioral/Mental health services (28.4%)
- Biking/Walking paths (26.4%)
- Dental care services (23.5%)
- College education (23.0%)
- Ground water (22.2%)
- Well water (20.0%)
- Health care services (19.9%)

# High Rating for Quality of Community Features by Demographic Characteristics

- High school, K-8, and college education, police, biking/walking paths, park/recreation services, and health care were rated in the top three for quality by residents of the Southeast and Crystal Lake areas and those with high school or less education.
- Air quality and behavioral/mental health services were the only features not rated highly by Crystal Lake residents

# Low Rating for Quality of Community Features by Demographic Characteristics

- Condition of roads, behavioral/mental health services lowest by all groups
- Dental care services ranked low by Hispanic respondents and those received financial assistance
- Well water rated low by non-Hispanics, those with no financial assistance, Crystal Lake, Central, and Southeast residents
- Groundwater rated low by Southeast residents
- Biking/walking paths rated low by Rural residents

# Word Cloud representing what needs to be changed for features rated as poor on quality



# Comments covered the following topics:

- Condition of roads (66.4%): pot holes, maintenance, congestion
- Health care and behavioral/mental health services (30.0%): lack of services, high cost, poor hospital services, limited access

# **Financial Issues**

## **Financial Issues**

- 23.9% lack money for basic needs
- 23.1% were without a job for 90 days or more
- 13.4% needed legal help but could not afford it
- 11.6% experienced identity theft
- 6.0% experienced foreclosure of their home

### **Financial Issues by Demographic Characteristics**

Hispanic respondents, those receiving financial assistance and those with high school or less education were more likely to

- Face financial difficulties in past year
- Lack money for basic needs
- Be jobless for 90 days or more
- Experience involuntary job loss

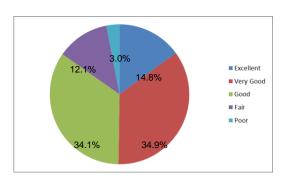
# **Financial Abuse**

Defined as use of money or assets without permission

- 2.4% respondents
- 2.2% of others in respondent households

# **Self-reported Health Status**

# **Self-reported Health Status**



### Self-reported Health Status Rated as <u>Poor</u> by Demographic Characteristics

- Ethnicity:
  - Hispanic 4.4%; Non-Hispanic 2.8%
- · Gender: no difference
- Education:
  - High school or less 6.4%
  - Associates degree & Bachelor's degree or higher 2.1%
- Area of residence
  - Rural 5.0%
  - Southeast 1.5%
  - Central 1.1%
  - Crystal Lake 0.6%
- Financial Status
  - Received assistance 11.6%
  - Did not receive assistance 1.0%

# Physical and Behavioral/Mental Health Conditions

# **Physical Health Conditions - Overall**

- Chronic disease conditions most common
  - High blood pressure 34.3%
  - High cholesterol 29.2%
  - Diabetes 13.7%
  - Heart disease 9.6%
- Other conditions
  - Obesity 24.9%
  - Digestive/Stomach disorders 14.3%
  - Untreated dental problems 12.9%
  - Migraines 13.0%
  - Skin disorders 12.8%

### **Physical Health Conditions by Age**

#### Age 0-17 years

- Obesity/overweight 6.9%
- High blood pressure 3.0%
- Diabetes 2.6%

#### Age 18-64 years

- High blood pressure 35.7%
- High cholesterol 33.5%
- Obesity/overweight 32.3%
- Untreated dental problems 17.7%
- Diabetes 13.7%

#### Age 65+ years

- High blood pressure 64.8%
- High cholesterol 49.1%
- Obesity/overweight 26.9%
- Diabetes 25.5%
- Deafness/hearing impairment 19.0%
- Untreated dental problems 12.0%

### **Behavioral/Mental Health Conditions**

#### Overall

- Depression 21.0%
- Anxiety/Panic disorders 18.6%
- ADD/ADHD 13.0%

#### Age 0-17 years

- ADD/ADHD 25.0%
- Developmental delay 14.2%
- Depression 10.8%
- Anxiety/Panic disorders 10.3%

#### Age 18-64 years

- Depression 28.6%
- Anxiety/Panic disorders 27.2%
- ADD/ADHD 12.1%

#### Age 65+ years

- Depression 14.4%
- Alzheimer's disease/Dementia 10.2%
- Anxiety/Panic disorders 7.4%
- ADD/ADHD 2.3%

# **Access to Health Care**

### **Access to Health Care**

Person/Place to go to when sick or need advice about health

- Proportion of respondents who do not have a regular doctor or clinic
  - increased from 5.8% in 2010 to 7.9% in 2014
- 22.4% use an immediate care center
- 15.6% go to the hospital emergency room
- 14.8% use the Internet

### **Inability to Receive Medical Care in Past Year**

17.3% unable to receive medical care

#### Why did they not receive medical care?

- Not enough health insurance 48.8%
- Could not afford deductible or co-pay 42.6%
- No coverage for prescriptions 26.3%
- No regular provider 24.0%
- Could not find a provider who accepted Medicaid/Public Aid 18.6%

# Inability to Receive Behavioral/Mental Health Care in Past Year

8.5% unable to receive behavioral/mental health care

#### Why did they not receive behavioral/mental health care?

- Not enough health insurance 41.3%
- Could not afford deductible or co-pay 39.7%
- No regular provider 31.7%
- Could not find a provider who accepted Medicaid/Public Aid 22.2%
- No coverage for prescriptions 20.6%

### **Inability to Receive Dental Care in Past Year**

21.5% unable to receive dental care

#### Why did they not receive dental care?

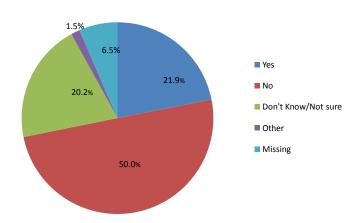
- Not enough health insurance 65.6%
- Could not afford deductible or co-pay 36.3%
- No regular dentist 33.8%
- Could not find a provider who accepted Medicaid/Public Aid 21.3%
- No coverage for prescriptions 15.0%

# Health Insurance Status and Impact of Affordable Care Act

# Health Insurance Status of Respondents and Household Members

- Percent insured by age group
  - 82.8% under 18 years
  - 85.7% 18-64 years
  - 92.1% over 65 years
- 20.6% of respondents have children aged 18-25 years on their health insurance plans

# Will you or a member of your family have a change in health insurance benefits as a result of ACA?



# **Changes as a Result of ACA**

#### **NEGATIVE**

- Increase in insurance premiums 17.6%
- My employer no longer provides health insurance 2.7%

#### **POSITIVE**

- Could add my child under 26 years on my insurance plan 2.2%
- No longer have to worry about having a pre-existing condition 6.6%
- Have coverage for preventive care 4.4%
- Can afford insurance for the first time 3.4%

# Impact of the Affordable Care Act: Open-ended Responses

- Write-in responses (6.0%) range across the spectrum from increased deductibles, to reduced premiums; more coverage to less coverage; and a concern about not knowing what changes may come in the future
- Impact of ACA is specific to an individual/family

# **Abuse and Suicide**

### **Emotional, Physical, Sexual, and Financial Abuse**

- Emotional abuse
  - Respondent 5.0%
  - Family member 4.7%
- Physical abuse
  - Respondent 1.2%
  - Family member 1.2%

- Sexual abuse
  - Respondent 0.4%
  - Family member 0.4%
- Financial abuse
  - Respondent 2.4%
  - Family member 2.2%

## **Suicide**

### Respondent

- 5.0% thought about suicide
- 0.9% had attempted suicide
- 0.8% caused intentional harm to self

#### · Others in household

- 3.6% thought about suicide
- 0.5% attempted suicide
- 1.3% caused intentional harm to self

# Care of Elderly, Disabled, Special Needs Individuals

## Care of an Adult over 60 years

- 113 (15.2 %) respondents care for an adult over 60 years, an increase from 11.1% in 2010
  - 49.6% live in the respondent's home
  - 34.5% live on their own
  - 10.6% live in a retirement community

## Care of a Disabled or Special Needs Individual

- 12.5% (n=91) reported caring for disabled or special needs individual
  - 70.3% lived in respondent's home
  - 16.5% lived on their own
  - 6.6% live in a group home

# **Open-ended Comments**

Are there services that you would like to have access to that are not currently available in McHenry County?

Word Cloud representing open-ended responses



Comments covered the following topics:

- Public transportation, roads 38.1%
- Health care services 17.1%
- Behavioral/Mental health, Substance abuse – 15.6%
- Parks/Recreation, Walking/Biking paths – 14.1%
- Jobs 8.5%
- Dental care services 6.5%

# **Summary and Conclusions**

# **Positive Community Features**

- Safe neighborhoods
- Park/Recreation services
- Availability of health care services
- · Organizations that provide free food

# **Community Features – Challenges**

- Public transportation for all residents, seniors, and disabled individuals
- · Availability of jobs
- · Training to re-enter work force
- Identity theft
- Home foreclosure

### **Health Status Issues**

- Self-reported health status half report very good or excellent health; 15% report fair or poor health
- 9.6% heart disease overall
- 13.7% diabetes overall
- · Risk indicators of concern
  - High blood pressure 35.7% (18-64 yr), 64.8% (65+)
  - High cholesterol 33.5% in 18-64 yr age group, 49.1% in the 65+ age group
  - Obesity/Overweight 6.9% in under 18 age group, 32.3% in 18-64 yr group and 26.9% in the 65+ age group

### **Health Status Issues**

- 21.0% Depression overall
  - 10.8% in under 18 yr group, 28.6% in 18-64 yr group, 14.4% in 65+ group
  - Depression rates higher than Alzheimer's disease (10.2%) in 65+ age group
- 18.6% anxiety/panic disorders overall
- 25.0% ADD/ADHD in under 18 yr age group

### **Health Access Issues**

- Unable to access care in the past year
  - Dental care 21.5%
  - Medical care 17.3%
  - Behavioral/Mental care 8.5%
- Reasons for access problems
  - Lack of insurance
  - Lack of providers accepting Medicaid
  - Transportation
- Behavioral/Mental health services rated among bottom three for quality by ALL subgroups except residents in Southeast

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# MCHENRY COUNTY HEALTHY COMMUNITY 2014 KEY INFORMANTS

Prepared for McHenry County Healthy Community Partners By Health Systems Research May 21, 2014

UNIVERSITY OF ILLINOIS
COLLEGE OF MEDICINE
AT ROCKFORD



# Methodology

- McHenry County Healthy Community partners selected 25 key informants considered as community leaders or local experts in education, government, and human services
- Partners also identified questions to guide the discussion, comparable to questions asked in 2010 and 2006

# Methodology

- Volunteer interviewers used
  - Teresa Dailey
  - o Barbara lehl
  - Carol Louise
  - Ed Rickert
- Guidance in interviewing and reporting for volunteer interviewers by HSR staff prior to interviewing
- In-person interviews conducted in December 2013 through February 2014
- Interviews were recorded with recordings sent to HSR for transcription

# **Key Informants 2014**

Michael Eesley	Jeffrey Poynter
Centegra Health System	McHenry County Workforce Investment Board
Jane Farmer	Maggie Rivera
Turning Point	League of United Latin American Citizens (LULAC)
The Rev. Budd Friend-Jones	Dennis Sandquist
First Congregational Church of Crystal Lake	McHenry County Planning and Development
Tina Hill	Nancy Schietzelt
McHenry County Administration	Environmental Defenders
Suzanne Hoban	Rick Schildgren
Family Health Partnership Clinic	McHenry County Community Foundation
Elizabeth Kessler	Dr. Vicky Smith
McHenry County Conservation District	McHenry County College
Dwayne Lahti	Dan Volkers,
McHenry County Mental Health Board	McHenry County Farm Bureau
Cheryl Levinson	Lt. James Wagner
Family Alliance	McHenry County Sheriff's Department
Patrick McNulty and Dr. Ted Lorenc	Toni Weaver
McHenry County Department of Health	PFLAG (local chapter)
Jason Osborn	Ellen Wrzeski
McHenry County Dept. of Transportation	Woodstock School District 200
Steve Otten United Way of Greater McHenry County	

### Questions

- Your organization; population groups served and services.
- What would are the best aspects of living in McHenry County?
- In McHenry County, which population groups are in greatest need of more community attention?
- How well does the McHenry County health and human services delivery system work?
- What are the three biggest challenges that McHenry County is facing? Thoughts about
  - o Growth and development
  - Transportation needs
  - o Education system
  - Job development/retention
  - Environmental issues

# **Best Aspects**

### TOP THREE (≥ 10 mentions)

- Environment (beauty, variety, open space)
- Rural/urban mix
- Services abundance and quality (schools, social services, health care, recreation)

### **FIVE TO NINE MENTIONS**

- People (helpful, tolerant, diverse)
- Sense of Community
- Economy

#### THREE TO FOUR MENTIONS

- Safety
- Quality of life

### Best Aspects 2014 vs. 2010 and 2006

#### Similar themes

- Urban/suburban/rural mix
- Proximity to Chicago
- Presence and quality of services (social, education, healthcare)

### More emphasis in 2014

- Rural environment and preservation of open spaces
- Availability of recreation opportunities
- Affirmation of improving local economy
- Appreciation of county's diversity (similar to 2006 but more often mentioned than in 2010)

# Groups Needing More Community Attention

#### IN DESCENDING ORDER OF MENTION

- Latinos/Hispanic Population
- Low-Income/Working Poor
- Mentally III Persons & Substance Abusers
- Youth
- Older county residents
- Special Needs Persons (disabled, with dementia)
- Underemployed/Unemployed Adults
- Gay and Lesbian Persons

# Groups Needing More Community Attention

### Latinos/Hispanic Population

- Most are first-generation, poor or near poor
- Most important needs are employment, affordable housing, transportation, education and health care
- High rates of obesity, diabetes and teen pregnancy
- Cultural differences, language, lack of health insurance are leading barriers

### Low-Income/Working Poor

- Encompasses families whose head of household is employed but at low-wages, single parent families, medically indigent, homeless, rural poor
- Affordable housing and public transportation are major needs

# Groups Needing More Community Attention

### Mentally III/Substance Abusers

- o Growing local problem of heroin use
- No local inpatient center for treatment
- Turmoil with closing of Family Service and Community Mental Health Center left gaping holes in service delivery and access
- Treatment centers, transportation to them are major needs

#### Youth

- o Impact of interventions over lifetime
- Obesity, emotional/mental health and substance abuse are major health problems

# Groups Needing More Community Attention

### Older County Residents

- High cost of housing
- Not enough medical providers specialized in aging
- Transportation needs for those unable to drive

### Special Needs Persons

- Includes developmentally disabled adults, elderly with dementia, persons w. physical impairments, and persons w. emotional disabilities
- Funding cuts have limited services

# **Groups Needing** More Community Attention

- Underemployed/Unemployed Adults
  - Skill enhancement and realistic job expectations (manufacturing still a strong presence in county)
- Gay and Lesbian Persons (LGBT)
  - Negative attitudes persist; some feel unwelcome when seeking care
  - Youth among this population may not be "out" to parents so are reluctant to get help when needed

### Groups Needing More Community Attention 2014 vs. 2010 and 2006

#### **Same** as 2010 and 2006

- Hispanic/Latinos
- Low-Income/Working Poor

  Sume top two groups
  in all three studies
- same **top two** groups
- Single parent families
- Victims of domestic violence

#### More mentions in 2014

- 0 Youth
- Gay and lesbian persons

## Health & Human Services Delivery System

### Strengths

- Wide range of services
- Diverse providers in terms of specialty
- Social service providers are excellent and strongly committed to the work they do
- Services are well organized and coordinated
- Organizations collaborate with one another

### Health & Human Services Delivery System

#### Weaknesses

- Mental health /substance abuse services
- Cuts in state funding
- Not enough bilingual providers
- Inadequate awareness of cultural differences between whites and Hispanics
- Lack of transit to clinics and hospitals
- Lack of local physicians who accept Medicaid

## Health & Human Services Delivery System

## Gaps and Barriers

- Lack of public awareness about existing services
- Cost of care/lack of (enough) insurance
- Poor public transportation
- Language
- Personal pride and stigma associated with utilizing services

## Health & Human Services Delivery System

## **Duplication and Inefficiencies**

- Very little inefficiency or duplication among public sector services seen. Where multiple providers, choice offered or better geographic coverage
- Human service organizations could be looking at ways to merge. Pioneer Center is fine example of benefits of merging

## Health & Human Services Delivery System 2014 vs. 2010 and 2006

- System strengths, weaknesses, gaps and barriers similar all three years
- Recent additions/expansions of clinics for lowincome have improved access
  - McHenry Community Health Center (FQHC, Greater Elgin Family Care Center)
  - Family Health Partnership, Crystal Lake
  - Harvard Area Community Health Center (Community Health Partnership of Illinois, FQHC)
- 211 has improved service awareness noted in 2010 and 2006 but many people do not yet know about 211

## Biggest Challenges Facing McHenry County

#### IN DESCENDING ORDER OF MENTION

- Transportation needs
- Economic growth, job creation and retention
- Protect environment
- Affordable housing
- High taxes, cost of living
- Education
- Personal accountability and responsibility

## Biggest Challenges - TRANSPORTATION

- Limited public transportation options
- Need more dependable bus stops and increased number of train stops
- Some roads are in poor condition
- Links to economic development
- Big hurdles face development of broad-based public transit system

## Biggest Challenges – ECONOMIC GROWTH, JOB CREATION & RETENTION

- Improving local economy but more growth needed
- Shift from retail to corporate development
- Jobs needed that
  - Keep local residents working in the county such as semi-skilled and professional level
  - Pay enough for families to enjoy middle class living
  - o Can be filled by adults with developmental disabilities
- Skills training, counseling for jobs already available, e.g., manufacturing
- Need to restrict sprawl and encourage development practices that promote "walkability" of communities

## Biggest Challenges - ENVIRONMENT

- Beauty, landscape, open spaces make county attractive. Must keep these!
- Protect groundwater
- Agricultural land and "green infrastructure" continue to be lost
- Develop avenues and better coordination of efforts for more local food production including diversification in agriculture
- Need for more recycling among businesses (no onsite pick up)

## Biggest Challenges Facing McHenry County 2014 vs. 2010

#### **Same** in 2014 and 2010

- Better public transportation needed
- Need for stronger economic growth and (decent) job creation
- Environmental concerns to keep open spaces, protect groundwater
- Affordable housing

#### More mentions in 2014

High property taxes

#### Fewer mentions in 2014

- Overcrowding in schools
- Access to dental care for low-income

# SUMMARY BEST ASPECTS

- Environment (beauty, variety, open space)
- Combination of rural qualities and urban amenities including access to Chicago
- Services abundance, quality, collaboration
- People (helpful, tolerant, diverse)
- Sense and pride of community
- Safety including low crime and feeling of personal security
- o Quality of life

# SUMMARY HEALTH ISSUES NEEDING ATTENTION

- Substance abuse including heroin and problems with youth use
- Diabetes among Hispanic population
- Obesity among youth and Hispanic
- Teen births among Hispanic women
- Providers specializing in aging
- Bilingual providers
- Cultural competency for health care providers



Working together for a Healthier McHenry County

## **Deborah Lischwe**

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# MCHENRY COUNTY HEALTHY COMMUNITY STUDY 2014



## **PRIORITIES**

## **COMMUNITY ISSUES**

- Transportation, especially improving public transportation
- Job creation and retention
- Environmental protection
- Affordable housing

## **TRANSPORTATION**

#### **SURVEY**

#### **PUBLIC TRANSPORTATION**

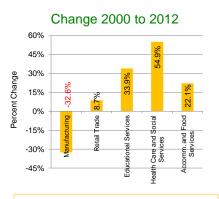
- High fair or poor ratings
  - o All residents (67.6%)
  - Seniors (49.2%)
  - Disabled individuals (46.4%)
- Lowest mean score of all 18 community features (all residents)
- Rated low by all demographic groups

#### **ROADS**

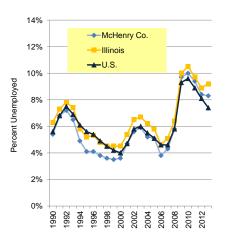
- Condition of roads rated lowest in quality of 11 features
- Congestion in some areas

- Regarded as biggest challenge facing McHenry County
- Limited public transportation options
- Need more dependable bus stops and increased number of train stops
- Some roads in poor condition
- Many/most health services not easily accessible by public transit
- Links to economic development
- Big hurdles face development of broad-based public transit system

## **JOB CREATION & RETENTION**



- Drop in manufacturing (workers who work in county)
- Yet, manufacturing still accounts for 17% of county workers (11% U.S.)



## JOB CREATION& RETENTION

#### **SURVEY**

- 61.3% said availability of jobs was fair or poor
- 38.9% said training to re-enter workforce was fair or poor
- Availability of Jobs rated lowest by males, some college/ associates degrees or high school or less, residents from southeast and central areas, those receiving financial assistance
- 18.4% have experienced involuntary job loss in past year

- Underemployed /unemployed adults identified as group needing attention
- Local economic growth needed
- Shift from retail to corporate development
- Need jobs needed that
  - Keep local residents working in county
  - o Pay "middle class" wage
- Need skills training, counseling for jobs already available, such as manufacturing

## **ENVIRONMENTAL PROTECTION**

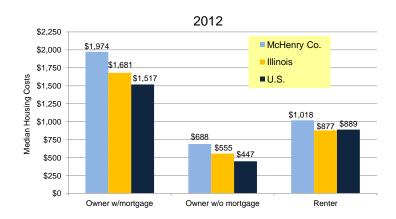
#### **SURVEY**

- Availability of ground water supply –25.0% rated fair or poor & 24.3% "don't know"
- Availability of water conservation education – 38.2% rated fair or poor, 30.5% don't know
- Quality of ground water 22.2% said fair or poor, 20.2% don't know
- Quality of ground water rated low by Southeast residents

#### **KEY INFORMANTS**

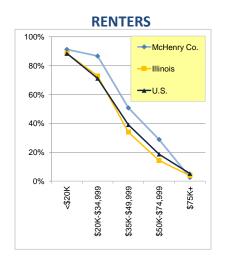
- Beauty, landscape, open spaces make county attractive.
- Protect groundwater
- Agricultural land and "green infrastructure" continue to be lost
- Develop avenues and better coordination of efforts for more local food production including agricultural diversification
- Need for more recycling by businesses

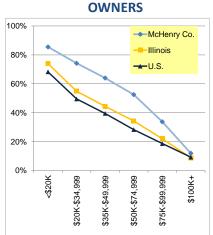
## AFFORDABLE HOUSING



#### AFFORDABLE HOUSING

Percent of Households Spending 30%+ of Income on Housing by Income Level (2012)





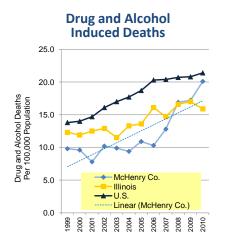
## AFFORDABLE HOUSING

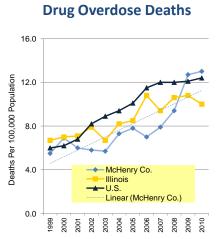
- Affordable housing continues to be identified as major challenge in county (also in 2010 and 2006)
- Lack of affordable, adequate housing hits Hispanic population, low income/working poor and older residents especially hard
- Property taxes mentioned as a challenge in county

## **HEALTH ISSUES**

- Substance abuse
- Obesity
- Depression/anxiety and suicide
- o Behavioral/mental health
- Diabetes

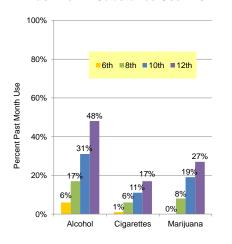
## **SUBSTANCE ABUSE**



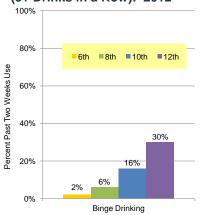


### SUBSTANCE ABUSE - YOUTH

Past Month Substance Use: 2012

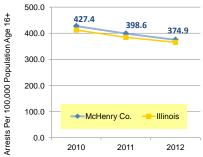


**Past Two Weeks Binge Drinking** (5+ Drinks in a Row): 2012



## **SUBSTANCE ABUSE**

## **DUI Arrests** 500.0



- DUI arrests down since 2010 but McHenry County rate remains above
- 892 DUI arrests in county in 2012

#### Inpatient hospitalization for alcohol/drug abuse or dependence

- Number is 535, 17.4 per 10,000 population (2013)
- Higher rate among McHenry County residents than state
- Among top 5 non-birth related reasons for hospitalization

### **SUBSTANCE ABUSE**

#### **KEY INFORMANTS**

- · Drug abuse among youth identified as problem
- · Growing local use of heroin
- Too few providers to assist persons with addictions
- · Lack of inpatient treatment center

## **OBESITY**

#### **COMMUNITY ANALYSIS**

	PERCENT OF ADULTS 18+		
Weight	McHenry County		Illinois
Status	2008	2002	2008
Overweight	35.7%	38.3%	36.3%
Obese	23.5%	18.5%	26.4%

- 35.7% of local adults considered overweight and 23.5% obese (2008)
- Local adult obesity level rose by 5 percentage points between 2002 and 2008

#### **SURVEY & KEY INFORMANTS**

- Self-reported obesity/overweight (respondent & household members)
  - All ages 24.9%
  - By age
    - 6.9% under 18
    - 32.3% 18-64 yr
    - **26.9**% 65+
- Identified as problem among Hispanic population and youth by key informants

## **DEPRESSION/ANXIETY & SUICIDE**

#### **COMMUNITY ANALYSIS**

 Psychoses is #1 non birth-related reason for inpatient hospitalization (1,887 in 2013) among county residents -- all ages combined, age 5-17, 18-44 and 45-64

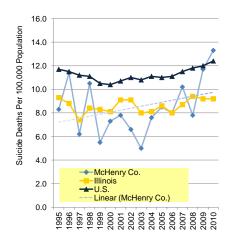
#### **SURVEY & KEY INFORMANTS**

- Self-reported DEPRESSION (respondent & household members)
  - All ages 21.0%
  - By age
    - 10.8% under 18
    - 28.6% 18-64 yr
    - **14.4%** 65+
- Self-reported ANXIETY/PANIC DISORDERS

(respondent & household members)

- All ages 18.6%
- By age
  - 10.3% under 18
  - **27.2**% 18-64 yr
  - **7.4%** 65+

## **SUICIDE**



#### **COMMUNITY ANALYSIS**

- Upward trend in suicide deaths
- 90% of 2006-2010 suicides to under 65
- 41 in 2010 (record high)
- Highest rate among 45-54 year olds

#### **SURVEY**

- 5.0% respondents thought about suicide, 0.9% attempted
- 3.6% household members thought about suicide, 0.5% attempted

## BEHAVIORAL/MENTAL HEALTH

#### **COMMUNITY ANALYSIS**

- Synthetic estimates
  - 18.6% have past year mental illness (41,773)
  - 3.6% have co-occurring substance abuse disorder with any mental illness (8,085)
  - 4.1% have serious mental illness (9,206)

#### **SURVEY**

- 36.9% of respondents rated availability of behavioral/mental health services as fair or poor (22.8% DK)
- 28.4% rated quality of behavioral/ mental health services as fair or poor (29.0% DK)
- Quality of behavioral/mental health rated among bottom 3 (of 11 features) by all demographic groups except Southeast residents
- 8.5% unable to access behavioral/ mental health care in past year. Main reasons:
  - Financial (no/not enough insurance and cost of deductible/co-pay)
  - No regular provider

## BEHAVIORAL/MENTAL HEALTH

- Mentally ill and substance abusers identified as major population group (in top 3) needing more community attention. Also developmentally disabled adults including persons with emotional disabilities
- Youth and Hispanic populations have emotional issues/needs that are not being met
- Most often mentioned weakness in health and human services delivery system = mental health/substance abuse services
- Closing of Family Service and Community Mental Health Center left gaping holes in service delivery

## **DIABETES**

#### **COMMUNITY ANALYSIS**

- 7<sup>th</sup> leading cause of death among McHenry County residents
- 28.2% of diabetes deaths to persons under age 65
- 5<sup>th</sup> leading death cause of 65-74 year olds
- 5.4% adults report being diagnosed with diabetes

#### **SURVEY & KEY INFORMANTS**

- 13.7% report having diabetes (25.5% among 65+)
- Reported high rate among Hispanic population

Nationally, dramatic increase in diabetes incidence among children and adolescents 2001 to 2009 (21% increase Type 1, 0-18 and 30% increase Type 2, 10-19.) *Journal of American Medical Association May 3,2014*.